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## The BG News December 03, 2018

Bowling Green State University

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# 99 news

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Bowling Green State University  
Monday, December 3, 2018  
Volume 98, Issue 29

# GREAT TRY

Rugby wins national title for first time in 50-year history

PAGE 8



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**BGSU NEWS**

December 3, 2018 | PAGE 2

# Students struggle to find food in dining halls

**Andrea Avers**  
Reporter

Of the University's dining halls, grocery stores, food carts and storefronts, there are 15 places to eat on campus. Despite this abundance of places to eat, Anna Fargo, sophomore creative writing major, often cannot find anything to eat, skipping snacks and even meals.

"I skip eating pretty often. A lot of times when events have food catered, I can't eat it," she said.

Fargo is one of many students who face the problem of food insecurity. This issue is defined by the U.S. Department of Agriculture as "a lack of consistent access to



PHOTO BY CYNTHIA MORRISON  
A plate of food at a University dining hall.

enough food for an active, healthy life."

Food insecurity is prevalent among college students. According to a study by the National

Student Campaign Against Hunger and Homelessness, 48 percent of college students have experienced food insecurity within the month of November.

Fargo has eaten gluten-free for four years and has noticed, though a few on-campus dining locations consistently offer gluten-free food, these options do not necessarily lead to a well-rounded diet.

"The Carillon consistently has something available because of the Eliminator station, which is gluten-free. The Oaks only does sometimes. If they do, it's vegetables, not really a well-rounded meal that I could eat," Fargo said.

Abby Griffin, sophomore early childhood

education major and vegan, agreed University dining locations offer inconsistent options for those with diet limitations.

"The Carillon and The Oaks have vegan options, but it's a hit or miss. There may be a lot one day and others there'll be nothing. Especially this year it hasn't been very consistent," she said.

Griffin has also experienced problems with food from the dining halls being labeled incorrectly. On one occasion at Carillon, she ate pasta labeled as vegan.

"I got it, and I started eating it and immediately knew that it wasn't vegan," she said.

**Finding food** Continued on page 5

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# 7 local ways to fight climate change

**Meredith Siegel**  
Forum Editor

Not too long ago a report was released about the realities of climate change. And the realities aren't great. We have a few decades to make a drastic change in how we use energy. While I get that 71 percent of emissions can be attributed to just 100 companies, we should all be doing our part individually. "Our part" can mean taking part in huge demonstrations, voting Trump out of office and changing your lifestyle in little ways. Here are some ways you can do just that.

**1 Limit your use of plastic.**  
Plastic is everywhere, and avoiding it takes a conscious effort; but it's possible to do. When you go grocery shopping, buy things in bulk and put them in glass or cardboard containers. Stop using plastic bags. Bring your own cup to the coffee shop. Buy from second-hand shops. Just stop using plastic.

**2 Use your car as little as possible.**  
Luckily, Bowling Green isn't a huge city, so it's totally possible to limit your use of your car. Take the bus to class, to the store or downtown. Walk or ride your bike to class or downtown. Carpool with your friends. You'll save money this way, too. You can also take the train or a bus home for the holidays.

**3 Unplug your devices.**  
Your TV continues to drain power even when it's turned off. So does your microwave, and your lamps. Take the time to unplug those things, and replug them in when they need to be used. This will also help with your electric bill.

**4 Shop and eat local.**  
Shopping local reduces the amount your food or products need to be transported by car or plane, reducing the amount of emissions released. This is also a more ethical practice in general, so if you can afford it, you should do it.

**5 Use less water.**  
This is a relatively simple change. Take shorter showers. Don't let the faucet run while you brush your teeth. If you have a family member who compulsively waters their lawn, maybe convince them to plant things in that space instead.

**6 Stop eating beef (and dairy).**  
Or at least limit the amount you eat. Cows produce huge amounts of methane which contributes to greenhouse gases in the atmosphere. There are 94.4 million beef cows in the U.S. according to the National Cattlemen's Beef Association. There is around one cow for every three people in the U.S.

**7 Make change.**  
Last year, the Undergraduate Student Government passed a resolution to ban plastic bags on campus, which is great, but there is still tons of work to be done. Plastic bags haven't left campus yet, so keep pushing to make sure it happens. Maybe the University shouldn't water the lawns every day, especially when it rains. Maybe the lights in the buildings could be greener. If you're passionate, make the change on campus.

## PEOPLE ON THE STREET

**What is an issue that you're passionate about and why?**



**AMANDA ANDERSON**  
Senior | Marine Biology

"Animals is a big one. I'm a marine biology major so especially like sea creatures."



**MARK HARRINGTON**  
Sophomore | Film Production

"I'm passionate about film-making because it's something I've always done my whole life, and I couldn't live without it."



**MEGAN WIMSATT**  
Senior | Journalism

"One of the things I'm really passionate about is writing. I've just been writing ever since I was younger."



**LINDSEY WILLIAMS**  
Sophomore | Social Work

"I'm passionate about helping others and making sure I make an impact on the world."



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# Don't take advice from stars

**Bea Fields**

Columnsit

This is so hard for me to admit, y'all, but I have to say it: astrology is not real. I am a recovering believer. I know my own birth chart like the back of my hand: Cancer sun in the twelfth house conjunct Mercury which bi-quintiles a Leo ascendant. It's all there in my noggin, and it's all garbage.

If anything, my horoscope keeps me attached to fatalistic ideas that fuel my own self-hatred and give me a reason to fear interacting with other people (I can't come to the party because a giant rock in the sky is telling me not to).

I have dug so deep into this thought pattern, even going so far as to researching my friends' horoscopes and accompanying Saibian, Kozminski and Janduz symbols (If you know what these are, you are fast approaching the point of no return — please

keep reading there is hope!).

Why? Because for a time I believed that certain “degrees,” or placement of a planet on the birthchart, could answer if one of us could be the next president, hit celebrity or spiritual leader.

Do you think this behavior is sane, Bea? “Dunno, let's ask the sun!”

There have been days where I look up my specific aspects and fear the next day because my moon is square Venus that day. Or I obsess about my midheaven and wind up doubting my own prospects of getting a job in the career path that the celestial harbingers have graciously given me — a path I am not aware of yet, by the way, because the stars haven't shown what specifically I am supposed to do on this maybe-dying-maybe-saved planet.

I have checked my horoscope constantly at 6 p.m. (that's when it updates) hoping for a definitive sign that answers the question

of my life's purpose. Every time I check, the stars automatically and without question suggests this: dig a little deeper, which I take as come back at 6 p.m. tonight to find out more!

In the end, I did what the stars said. I dug deep and found out my life was being run by gas-and-rock giants in the sky that had no personal relationship with me or my friends. Sure, they are in our solar system, but I am the closet object that can dictate what I do with my life; I have the final say in what I do, not the planet Mars.

Now, is there any value to astrology? Maybe. It's cool to personify the way you feel, love, communicate and find purpose. Making your mind a separate entity from your own consciousness is an excellent way to figure out the art of self-control. But that control is found within yourself, now in the present moment, not several years from now when Jupiter is transiting your 10th house.

# Why I couldn't appreciate Fitbits as expected

**Shiva Bhusal**

Columnsit

A couple weeks back, I got my first Fitbit. It was more of a smartwatch, and it reminded me of my digital watch — the one I used to wear on my wrist years back when I was in high school. Unlike my traditional timepiece, this new device can integrate with my phone through Bluetooth, and besides the current time, it can also measure my heart rate and monitor other activities.

The technical aspect of the device — the sensor that tracks the movement of my hands and, based on the movement, determines how many steps I have walked — enthralled me. I was also fascinated by the heartbeat measurement, and the way the device constantly feeds the data to the Android or IOS App for statistical analysis. As a computer science student, I was also intrigued by the technical possibilities of big data analytics provided that a large amount of data is collected on the user's consensus.

I did a few cardio exercises and watched my pulse get monitored by the device. I felt my exercise process became mechanical. I was not doing exercise to enjoy it but to get

some statistics right on my Fitbit. To me, exercise is not just a physical act, it is also the process of knowing myself better, and it also covers spiritual and psychological realms. The Fitbit felt like a distraction. Rather than trusting my bodily instincts and listening to my senses, I was now dependent on a machine, which felt unnatural.

The Fitbit devices are not standalone; they must depend on the phone or other computing devices. For even the sophisticated Fitbits I had looked at, I could play music and receive a call if it is constantly paired with a smartphone. Although I couldn't find any trusted scientific evidence proving constant exposure to Bluetooth is harmful, I didn't feel great having the device on my wrist 24 hours.

Fitbit devices also track our sleep. But

again, I would rather trust my own senses. If I felt refreshed in the morning, then I would assume I slept well. If I woke up with red eyes and heaviness in mind, I would assume something was problematic. I couldn't find any scientific research that studied the accuracy of such sleep measurements and proved the device is more accurate than the human senses. Trusting the device more than my bodily instincts felt like an insult to my own senses.

Wearing Fitbits also increased my anxiety due to a constant impulse to check the measurements on the device. As a software developer, I spend most of my time in front of a computer, and I get exhausted at the end of the day even though the problems I work with are interesting and engaging. If I have some

## SUBMIT TO FORUM

### LETTERS TO THE EDITOR:

Letters should be fewer than 300 words and can be in response to current issues on campus or in the Bowling Green area.

**COMICS:** Comics can be three to six panels, and the artist has creative freedom on what the comic is about.

**GUEST COLUMNS:** Guest columns are generally between 400-600 words and can be submitted by Wednesdays and Sundays before 5 p.m. They can be opinions, advice, listicles or editorials. Sources are not needed, but any outside information used in the article needs to be cited.

**POLICIES:** Letters, columns and comics are printed as space permits and all other submissions can be published online at bgfalconmedia.com. Name, year and phone number should be included for verification purposes. Personal attacks, unverified information, anonymous submissions and hate speech will not be published.

### E-MAIL SUBMISSIONS:

Submissions can be sent as an attachment to meredis@bgsu.edu with the subject line marked “Letter to the Editor,” “Comic” or “Guest Column.” All submissions are subject to review and editing for length and clarity before printing, and the BG News reserves the right not to publish any submission.

time away from my computer screen, I would rather appreciate the view outside without any tension or do nothing instead of checking my wrist to see if I have completed my daily quota of steps.

I felt uncomfortable wearing the Fitbit all the time as it seemed to have added more complexity in my life. I decided to not to wear it regularly. After getting the Fitbit off my wrist, I felt better; I don't mind wearing it once in a while though.



VIA WIKIMEDIA

## Finding food Continued from page 2

"My stomach started to hurt, and I talked to an employee. They said it had cheese, milk and butter. I got sick after that. That was bad," Griffin said.

This experience made Griffin lose trust in the University's labeling system in the dining halls.

"That's always been a big worry for me now. If something is labeled as vegan, I think, 'Is it really? Does everybody in the kitchen know what vegan means?' If they don't, they're putting people at the risk of getting sick," Griffin said.

In June 2018, the University opened a new eatery, Bowl N' Grains, designed to provide a variety of options for those who have vegetarian, vegan or gluten-free diets. Fargo, Griffin and Helena Pittroff, a junior psychology major who follows a low-carb diet due to her Type 1 diabetes, all cited this location as one of the best places on campus to find food they can eat. However, it can still be problematic for those with diet limitations.

"I've skipped eating before because dining places are out of things. I've actually come across that a lot with Bowl N' Grains. They'll be out of a lot of things, so I end up with a salad that has two things on it," Pittroff said.

Griffin said Bowl N' Grains' limited hours are not helpful for those who rely on their food.

"On the weekends, Bowl N' Grains isn't open, which makes it hard since that's what I usually eat for lunch. So I just have to buy something from Outtakes even if I don't really want it," Griffin said.

Food insecurity is often a direct consequence of poverty, another issue prevalent among the college student population. NSCAHH reported findings from a study by the University of Wisconsin that found 71 percent of students have changed their eating habits because they cannot afford the financial upkeep of their diet. Fargo, Griffin and Pittroff all said the on-campus food they can eat is consistently more expensive than its regular counterparts.

"A lot of the healthier options are more expensive. The salad places, for the amount of food you get and the price they're offering it at, you're not getting as much food as if you went somewhere else, like if you got a pizza from Marco's," Pittroff said.

Fargo has found gluten-free food to be more expensive on campus.

Read the rest online @ [bgfalconmedia.com](http://bgfalconmedia.com).

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# Relax during Dead Week with streaming

**Evan Hayes**  
Pulse Editor

Entering the final stretch of the year can be both a boring and stressful time. Classes are ending and lectures keep getting more and more pointless, but final papers and group projects are still taking up almost all of your time. As we enter Dead Week, be sure to check on your friends and make sure they're still alive.

But soon, all school pressures will be washed away by the majesty of winter break. Bowling Green students have an extra long winter break this year, and in between family gatherings and working part-time, check out the Pulse's streaming guide to find a movie or TV show to entertain yourself.

## Sick Note (Netflix)

**Seasons:** 2  
**Episodes:** 13  
**Length:** 23 minutes  
**Summary:** Netflix recently released "Sick Note", to which they have the international distribution rights to and which recently aired its second season on Sky One in the United Kingdom. The series stars Rupert Grint – yes, Ron Weasley – and Nick Frost ("Shaun of the Dead" and "Hot Fuzz") as the two bumbling leads. Grint plays Daniel Glass, a slacker whose life is falling to pieces until he is misdiagnosed with esophageal cancer by Frost's Dr. Iain Glennis, a hapless but well-meaning physician. The first season showcases the heights that this situational comedy can reach by weaving a compelling story of murder and lies, while the second season continues the story in a different direction. Lindsay Lohan has a major role during the second season as well, making it that much more bingeable.

## The Princess Switch (Netflix)

**Genre:** Christmas romantic comedy  
**Length:** 102 minutes  
**Summary:** Have you ever wondered what you'd get when you combined "The Parent Trap", "The Princess Diaries" and an ABC original christmas movie? Well look no further. The Princess Switch, recently released before Thanksgiving, stars Vanessa Hudgens as normal everyday baker Stacy, and Vanessa Hudgens as Margaret Delancourt, Dutchess of the fictional country of Montenegro. You read that correctly. Hudgens plays both leading rolls in this new take on the person swapping narrative. While confusing at times, the movie ultimately has a sweet tone and plays like a Hallmark movie. If you're looking for a change of pace in your holiday viewing this winter, give "The Princess Switch" a try.

## Hereditary (Amazon Prime)

**Genre:** Supernatural horror  
**Length:** 127 minutes  
**Release Date:** Dec. 27  
**Summary:** The most impactful aspect of "Hereditary", last year's critically and commercially acclaimed supernatural horror masterpiece, is the juxtaposition of the trappings of mental illness with the dark forces plotting to inflict darkness. Losing all sense of reality is one of the most terrifyingly human experiences, and the portrayal of that feeling is enough to make any experienced horror viewer feel a twinge of fear. Toni Collette's performance is breathtaking as the lead, Annie, a mother who slowly feels she is beginning to lose her sanity. It's perhaps the best performance of her career, and her breakdown is enough to make any viewer lose their nerve.

## Killing Eve (Hulu)

**Seasons:** 1  
**Episodes:** 8  
**Length:** 42 minutes  
**Summary:** Sandra Oh's Emmy-award nominated performance as desk bound MI-5 officer Eve Polastri in "Killing Eve" has finally come to a streaming platform, recently hitting Hulu on Dec. 1. The story of Eve and her tracking down of psychopathic assassin Villanelle – played by Jodie Comer – is a compelling one, descending from a classic spy-vs-spy narrative to a fiercely hilarious and bloody story of two people who day after day are becoming more obsessed with each other. Violence seems to loom in every scene, balancing the dry wit of the writing with an excellent contrast. For a bingeable and thrilling ride, check out "Killing Eve" on Hulu.

## The Wonder Years (Hulu)

**Seasons:** 6  
**Episodes:** 115  
**Length:** 22-24 minutes  
**Summary:** Looking to feel nostalgic? Wishing for days of old when our world didn't seem like it was endlessly going to crap? "The Wonder Years" recently hit Hulu on Dec. 1, and the coming of age story that follows Fred Savage's Kevin Arnold and his family from 1968 to 1973 still rings true to the heart of the childhood experience today. The show won multiple awards for storytelling and visual performance, influencing the way many shows are conducted today. Generation defining characters still stand out in the minds of our parents, and even though the show's conclusion preceded my birth by four years, I will say that I will always be in love with Winnie Cooper.

## Avengers: Infinity War (Netflix)

**Genre:** Superhero film  
**Length:** 160 minutes  
**Release Date:** Dec. 25  
**Summary:** If you have a lot of time on your hands this Christmas and are a big fan of the Marvel Universe, then Netflix has the perfect present for you. "Avengers: Infinity War" will be arriving on Netflix on Christmas Day, just in time to occupy your destructive nieces and nephews for a solid 2.5 hours. Marvel's ultimate culmination of over a decade of movies does not fail to disappoint, providing viewers with the superhero climax unlike any ever seen before in cinema. More importantly, be sure to refresh your memory of the plot before the sequel comes out on May 29.

## White Christmas (Netflix)

**Genre:** Christmas musical romantic comedy  
**Length:** 140 minutes  
**Summary:** If you're looking for a Christmas classic to tug at your heartstrings this holiday season, look no further than "White Christmas." The seminal classic starring Danny Kaye and Bing Crosby features dozens of Christmas music classics, including Crosby's rendition of the song "White Christmas," which you'll probably hear on the radio at least twenty times in December. The film itself is a feel good story about a generation that is now almost lost to us today, but the themes and emotions still ring true today. The movie is ultimately a tale of giving and Christmas cheer, perfect for any viewer as they try to get into the holiday spirit.



# December

# Have we seen the end of rock and roll?

**Evan Hayes**  
Pulse Editor

It's officially happened: rock music is dead. Don't believe me? It said so this week in Rolling Stone, when the long standing music and pop culture magazine talked about a recent interview Maroon 5 frontman Adam Levine gave.

"Something unique to this band is that we have always looked to hip-hop, R&B, all rhythmic forms of music, from back when we were writing our first album to now. Rock music is nowhere, really," Levine said to Variety. "I don't know where it is. If it's around, no one's invited me to the party. All of the innovation and the incredible things happening in music are in hip-hop. It's better than everything else. Hip-hop is weird and avant-garde and flawed and real, and that's why people love it."

Indeed he's right. According to Nielsen music, R&B/hip-hop has now taken the top spot for the total volume of music sales in the U.S. at 31.2 percent. This includes digital on-demand streaming, of which the genre corners an even larger percentage of total streams with 36.4 percent.

Hip-hop has also captured 71 percent of the Billboard Hot 100's top 10 songs in the third quarter this year, and half of this week's top 10 can be considered hip-hop. What's most astounding is no two songs really sound alike, from Travis Scott's diversely produced "Sicko Mode" to Sheck Wes's party anthem "Mo Bamba" to Juice WRLD's "Lucid Dreams."

And therein lies the problem. Just as Levine discussed in his interview, hip-hop, R&B and other forms of rap have become the most innovative of genres. Artists are using everything from old samples to autotune to

make music that doesn't sound like another piece before it. Instead of being confined to a four-piece band or even just a drum machine, computers have given artists an access to editing and effects that were never achievable when rock was in its heyday.

Even the most innovative bands in the music industry have tried to distance themselves from rock. Levine and Maroon 5 currently hold the No. 8 spot on the Billboard 100 for "Girls Like You," which features arguably one of the most popular rap industry figures: Cardi B. Post Malone, the self-proclaimed rock star who frequently posts videos of him jamming out on guitar to old rock songs, currently has three songs on the list, all of which are hip-hop.

The 1975, perhaps the most innovative band making music right now, released their latest album early this week, and it has tones from all genres. In an interview with Beats 1, frontman Matt Healy put all speculation to rest about the music the band makes.

"When I say we're a pop band, what I'm really saying is we're not a rock band — 'cause I think that's the only music we don't make."

In this statement we see the true state of rock music. The 1975 are a four-piece band, a traditional rock band lineup and borrow from all kinds of genres, using jazz elements, two-step beats and ballads that complement somber lyrics. But they choose to define their sound by the all-inclusive label of "pop music," distancing themselves from the now bloated corpse that is the rock genre.

The change in bands defining their own genre and moving away from rock might have something to do with the definition of popular music, the invention of the internet and the restructuring of the Grammy Awards categories for groups. After the awards show restructured its categories in 2012, the award for Best Rock

Instrumental Performance was eliminated while Rock and Metal categories were merged. This coincided with the combination of multiple pop music categories into the award for Best Pop Duo/Group Performance, which has seen more popular bands.

Bands like Maroon 5, Coldplay and Imagine Dragons, who until previously had walked the line of pop and rock, started to enter pop categories for higher chances of winning. Coldplay and Maroon 5 currently hold the most nominations in that award category, with three each.

Ultimately, freedom of artistic expression and a lack of want for definition has led to the death of rock music. More and more groups and performers have gravitated towards pop music labels, and this might just show the growing nature of pop music during the digital age. With the expansion of recording and editing technologies, rock music might simply have gotten too old to keep up. Music that appeals to a broad group of people while being sonically innovative now rules, and rock has not been able to keep up.

VIA PIXABAY



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# Men's rugby win D1AA National Championship

**Jacob Clary**  
Sports Editor

The men's rugby team won the national title for the first time in their 50-season history over the weekend. The team faced off against St. Joseph and beat them handily 24-7.

The game started out hard-hitting from both sides. The Falcons got on the board first with their first try to make the game 7-0 at around the 20-minute mark. Around 10 minutes later the Falcons would widen the gap with another successful try to get the Falcons' lead to 14-0. St. Joseph then picked up a yellow card for a high tackle, leading to the end of the first half with the Falcons leading 14-0.

The second half started out with a lot of jostling for position, and both teams trying to get something going on offense. With around 25 minutes left in the second half, St. Joseph intercepted a pass which led to a successful try, closing the gap to 14-7 still in favor of the Falcons. Later, the Falcons scored a 5-point try to widen their lead to 19-7. St. Joseph didn't make it easier for themselves

either when one of their players got a red card for unsportsmanlike actions a little after the Falcons widened their lead. The Falcons then scored on another stolen try to put St. Joseph, and the game, away. The final score to the game was 24-7.

The Men's Rugby Head Coach Tony Mazzarella talked about his feelings about bringing a championship to the University.

"It was great to bring a championship to BGSU," he said. "I was 10 years old when I watched the hockey team bring one home, and I'm just glad to be a part of one now."

Mazzarella also said that the team "just had to find the right combination and peak at the right time." The team had some up and downs this season. They went 8-3 in the season, and also defeated the top-ranked program Mary Washington and Kentucky to get to the final game on Sunday. Mazzarella also talked about how the national title win will help the team's relevance to recruits.

"I think it will open the door to getting more and more student-athletes from all over the country," Mazzarella said.

The last few years, the team has been close



PHOTO BY ALYSSA MATHEWS

The men's rugby team celebrates winning the D1AA National Championship for the first time in program history.

to winning the national title. In the 2017 season, they finished third overall and the year prior they were the runner-up. However, this year the team was able to capitalize and finally win the title for the University.

"I'm just very proud of the seniors who worked to get this and the underclassmen

who made sure it happened," Mazzarella said.

The rugby team has had 100 consecutive winning seasons and 37 straight Mid-American Conference championships, and this national title will only help the program's case to get better in the seasons to come.

# Women's basketball takes a third straight loss

**Zane Miller**  
Sports Reporter

The Falcon women's basketball team was defeated by the Xavier Musketeers 65-49 on Thursday morning, as the team is still looking for its first win on the road this season.

The Falcons started playing from behind in the first quarter as Xavier took an 11-8 lead after the Falcons scored the first 5 points of the game, but Xavier recovered to get the next 11 consecutive points. Junior guard Andrea Cecil led the team offensively with three points in the first quarter. However, the Falcons recovered in the second quarter with a 17-12 quarter to go up 25-23 at halftime, with sophomore center Angela Perry earning 6 points in the quarter. Perry scored 7 points in the first half of the game to lead the team, with Cecil not far behind with 6 points. However, it would be the only quarter of the game the Falcons would outscore Xavier and be in the lead at the end of.

"I thought we took a lot of steps forward in the first half today," Falcons head coach Robyn Fralick said. "Our rebounding effort and our defending without fouling was much improved."

The third quarter saw Xavier outshoot the team 20-10 to take a 45-33 lead, while the



PHOTO BY LINDSEY MORRIS

Sydney Lambert drives down the court looking to score.

Falcons had Perry continuing to put up strong numbers offensively by getting 8 out of the 10 points the team scored in the quarter, followed by them pulling away further in the fourth quarter with a 22-14 advantage, grabbing the 65-49 victory. However, Perry added 4 more points to once again lead the offense in the quarter. Overall, Perry closed out the game with 19 total points, with Cecil getting 9 points

in total and senior guard Sydney Lambert getting 7 points on the afternoon. The Falcons as a whole also had a strong game defensively with holding Xavier to just 65 points, the fewest the team has allowed in a loss since a Jan. 3 matchup against the Eastern Michigan Eagles which the team lost 54-52.

"We were right there in the second half," Fralick said. "They made some timely shots,



PHOTO BY LINDSEY MORRIS

Madisen Parker tries to find a pass.

while we had some timely misses. We are looking forward to December and really getting a lot of time to practice and continue to grow."

The team will play next on Saturday afternoon on the road against the Canisius Golden Griffins, before heading back home to face the Detroit Mercy Titans on Dec. 17.



# Men's basketball loses on the road to Hartford

**Evan Hayes**  
Pulse Editor

The men's basketball team made the trek to West Hartford, Connecticut for a road game Saturday, losing to the University of Hartford 76-63. The loss drops the Falcons to 4-4 on the season, making it their fourth consecutive loss away from the Stroh Center.

Struggles on both sides of the ball saw the Falcons fall behind early, and a 14 point run at the beginning of the second half was not enough to overcome cold shooting and a multitude of turnovers.

"We didn't attack it like we should have. We settled for too many threes, we took 32 threes. We had the opportunity to get the ball inside several times, and we didn't," Head Coach Michael Huger said. "When we did get it in there we didn't execute like we're supposed to. When you play a game like that, you know it's what happens. We've got to do a better job of moving the ball and attacking the right spots and attacking under control."

The first half was a cold one for Bowling Green, seeing their offense struggle to get going. The Falcons shot 29.6 percent from



PHOTO BY LINDSEY MORRIS

**Michael Laster** maneuvers his way around the defense looking for a way to the hoop.

the field in the first half while only making two of 15 three pointers and committing 12 turnovers. Hartford was able to jump out to an early lead on the back of a 13-2 run midway through the first half, leading 32-23 at the break.

The Falcons were able to take a lead in the second half of the back of their 14 point run, leading 41-40 with a little over 10 minutes left. The team then proceeded to go 2-9 from 3 point range down the stretch while turning the ball over three times, sapping the Bowling Green offense of any momentum.

The loss saw the Falcons turn the ball over 18 times, their most this season since their matchup against VCU.

Hartford played primarily a zone defense, and the Falcons struggled to attack under control throughout the night. Hartford scored 20 points of Bowling Green turnovers and shot 23-24 from the free throw line, burying the Falcons down the stretch.

"A lot of it was just out of control stuff, and going against the zone made us anxious. We did things that we weren't supposed to do or don't normally do," Huger said. "They didn't do anything special to turn us over. It's more like the St. John's game, we just turned it over. That's the difference, with the turnovers it's hard to win."

Sophomore Justin Turner led the way for the Falcons in scoring with a team high 17 points, while forward Demajeo Wiggins scored 11 points and grabbed 14 rebounds. Wiggins notched his seventh double-double of the season and became the 45th player in program history to score 1,000 career points. He currently has 1,009 for his career.

Bowling Green will travel to Cleveland next for a road matchup with Cleveland State on Dec. 5. The team will then return home for a matchup with Green Bay on Dec. 8.

# Volleyball eliminated from NIVC Tournament against Bradley

**Zane Miller**  
Sports Reporter

The Falcon volleyball team fell to the Bradley Braves on Thursday in the first round of the National Invitational Volleyball Championship tournament 3-2, eliminating the team from further competition.

"Bradley's a very good team; we knew that going into this match," volleyball Head Coach Danijela Tomic said. "Their two outsides are very good, and we knew that we would need to contain them to have a chance to win, and we didn't do that."

The match started out with Bradley claiming the first set in a close one 26-24; however, senior middle blocker Madeline Brandewie was able to get 4 kills to lead the Falcons on offense.

In the second set, however, the team started to turn things around as they earned a 25-21 win, with Brandewie again getting 4 kills to lead the team offensively. The team continued the positive momentum into the third set, with a 25-23 victory to put themselves ahead two games to one. Senior outside hitter Isabel Kovacic had a strong set in the third, leading the Falcons' offense with 6 kills.

The fourth set saw Bradley tie the match up once again, this time with a 25-21 victory, with



PHOTO BY IAN CAMPBELL

**Madeline Brandewie** hits the ball towards the opponent's side.

junior right side hitter Celena Kanagin leading the Falcons with 4 kills in the set. The set win by Bradley forced the match into a fifth set.

In the fifth, the teams swapped the lead back and forth in the beginning portion of the set; however, Bradley got on a 5-point run to take a 7-3 lead. They continued to maintain the advantage until a 4-point rally to close the gap to within 1, followed by a 2-point run after a Bradley point to tie the set up at 13-13. However, those would be the last points the

Falcons would get as Bradley grabbed the last 2 points on a kill and a service ace to claim the set and win the match 3-2 to move on to the second round of the tournament. Junior outside hitter Jessi Holly earned 4 kills in the set to lead the Falcons' offense.

"The match was very close," Tomic said. "Our team fought. I thought the difference was that their outsides just did their job, they scored for them and we just couldn't stop them. ... They got

us out of system; they had a couple of really good servers that served from deep, and we struggled serve-receiving. That's how we lost the fourth set. They got on a run because we couldn't serve-receive."

Kovacic got 14 total kills on the match to lead the team overall.

"She played like a senior," Tomic said of Kovacic. "She did really well offensively. She played like it mattered and like it might be her last match. I'm very proud of her. Her, Maddie



PHOTO BY IAN CAMPBELL

**Kallie Seimet** saves the ball as it heads out of bounds.

(Brandewie) and Kallie (Seimet), our three seniors who were on the court, they led the team. We needed a couple more players to step up and get them a little bit more help, but that didn't happen."

The team will next play in the 2019 season starting mid-August.

# Students split on Tobacco Free Initiative

**Max Hess**  
Reporter

Students and staff at the University are working to pass a Tobacco Free Initiative on campus. The goal of the initiative is to establish a completely smoke- and tobacco-free campus, which includes smokeless tobacco, e-cigarettes and vaporizers.

The Clean Air Policy, passed in 2014, prohibits smoking on any grounds owned by the University. According to this policy, smoking is only permitted in certain areas near the campus parking lots. The main difference between the Clean Air Policy and the Tobacco Free Initiative is that the Clean Air Policy allows e-cigarettes, vaporizers and smokeless tobacco, but the Tobacco Free Initiative does not.

The University was one of 20 schools who received a \$20,000 grant in 2016 as part of the Tobacco-Free Generation Campus Initiative sponsored by the American Cancer Society and CVS Health Foundation. TFGCI grants have continued to be awarded to universities across the country to aid in their efforts to create 100 percent tobacco-free campuses. In

2016, only 1,427 out of the 4,700 colleges in the United States were completely smoke-free.

"First and foremost is the health and wellness of the student body. We're trying to ensure that people are living longer," senior Eugene Gorman said.

According to the Center for Disease Control, cigarette smoking causes 480,000 deaths per year in the United States, and more than 41,000 of those deaths can be traced back to secondhand smoke.

According to an article on the University website, Vice President for Student Affairs and Vice Provost Thomas Gibson said that 90 percent of smokers start by age 18 and 99 percent start by age 26. The University is hoping to pass the initiative to prevent addictions before they start.

Another motivation for the initiative is to create a more inclusive campus environment and promote student health. While the long-term effects of vaporizer or e-cigarette use is still unknown, the American Cancer Society still recommends they should not be used. In addition, vaporizers and e-cigarettes can be very harmful if used around students with asthma or breathing issues, so passing the

initiative could help those students feel more comfortable on campus.

"The biggest thing is education and just trying to get the campus culture and community on board to realize this tobacco use is just not the healthiest option," Gorman said.

In addition to making campus smoke-free, promoters for the initiative are also hoping to be able to offer more resources to help those who are addicted. Some of these resources will include counseling, free nicotine gum and student ambassadors who will be trained to approach people who are using tobacco products on campus. The student ambassadors will be able to inform and educate students on the policy, provide them with resources on how to quit

PHOTO BY CYNTHIA MORRISON



Students can currently smoke at designated spots around campus.

and gain data on why people on campus may choose to smoke.

"I would hope that they would be informative and say their reasonings for why they decided to pass the initiative," sophomore Kaylee Fleischmann said.

**Students split on Tobacco** Continued on page 11

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## THE BG NEWS



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## Students split on Tobacco Continued from page 10

Gorman said the initiative has been on a bumpy road while trying to come to fruition. The initiative was discussed at Undergraduate Student Government meetings last year, but it was highly contested, and there was not enough support to pass it. However, it has already been approved by the University's Faculty Senate. Currently, Gorman and others who are working on the initiative are trying to increase awareness and gauge students' opinion on campus through activities.

Recently, employees of the Wellness Center have been picking up students on a golf cart and asking them questions about the risks of using tobacco or smoking products during the ride to their next class. Gorman said they have been setting up tables in the Bowen-Thompson Student Union with banners for students to sign in support and have collected roughly 1,800 signatures, which is about 10 percent of the student population.

A few members of the task force for the initiative attended a conference held by the American Cancer Society and CVS Health Foundation earlier this year.

"To hear about other schools and

challenges was helpful, and we also made connections, and we can kind of take ideas from them and modify our own policy to make it successful," graduate assistant for the Wellness Connection Olivia Krupp said.

Past surveys showed stronger support for the Clean Air Policy over the Tobacco Free Initiative, which is mostly due to the inclusion of vaporizing products in the Tobacco Free Initiative. While e-cigarettes and vaporizers are not thought to be as harmful as tobacco, they can still be addictive and contain chemicals.

"I understand the initiative. It's just probably created by people who aren't current tobacco users," Fleischmann said.

Those who are hoping to pass the initiative are trying to be respectful of those who are current nicotine users and may be addicted. Gorman said most traditional college students are typically not addicted by this age, but nontraditional students or international students who come from a culture where smoking is prevalent may have a hard time breaking the habit.

"The goal of the policy is not to be punitive; it's always to educate, to provide the resources to help," Krupp said.

## INTRODUCING Kerry Pearson, D.O.

### Dr. Pearson provides physician services at Falcon Health Center.

Dr. Kerry Pearson has joined the patient care team at Falcon Health Center. She has a background in osteopathic medicine and has a special interest in women's health and the impact of nutrition on a patient's overall health. Dr. Pearson provides primary and urgent care services and is also accepting appointments.

**For an appointment with Dr. Pearson, call (419) 728-0601**

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## BECOME A BIOTEST PLASMA SUPERHERO!

# CHAARG exec shares holiday fitness tips

**Kylie Tusing**

Reporter

Finding time in a busy schedule to hit the gym is not always possible during the holiday season.

An exercise organization on campus, Changing Health Attitudes and Actions to Recreate Girls, encourages women to come together and stay fit all year round.

CHAARG Treasurer Ashley Duff said keeping healthy in the winter is challenging for everyone, herself included.

"In the winter, the holidays are in full swing; people, me included, get carried away with all of the amazing home-cooked food," Duff said. "My advice is to keep watching the kinds of foods you are eating."

You are allowed to have a 'cheat day' if you want to, and if you feel bad about that cheat day, use the extra food to fuel a great workout! During the holidays, like Thanksgiving and Christmas, I always take small portions of everything. And by the end of the meal I'm full, but it's comfortable, and I was able to try a little of everything."

Duff said the organization changed her life during her first year at the University

by focusing on becoming the healthiest version of herself.

"My freshman year, I didn't really notice myself slowly gaining weight until one day I stepped onto the scale and saw that I had gained 20 pounds in four months. I was very upset and decided to turn it around. I started tracking my foods through my Fitbit



PHOTO BY REBEKAH MARTIN

**Many students** get exercise in outside of the traditional setting of a gym.

and exercising five times a week. By the end of summer before my sophomore year, I lost 35 pounds," Duff said.

In any healthy lifestyle, exercise is a main component. The University gives students several opportunities to stay healthy without having traditional trips to the gym, including multiple exercise classes such as Zumba or Body Pump. Duff said she keeps a healthy lifestyle even when she doesn't feel like hitting the gym.

"If I don't want to go to the gym but want to get a workout in, I will either go for a run, do a YouTube workout in my living room or yoga. If you aren't feeling a workout that day, there is no shame in taking a rest day. Your body needs to rest. I always take a 15 minute walk on my rest day to stay active but still give my body the rest it needs," Duff said.

Going to the gym is not always easy, and eating healthy during the holidays might

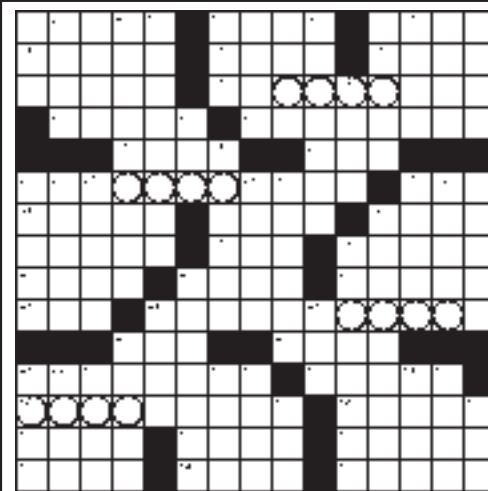
feel difficult. Duff said there is no magic secret that helps someone stay in shape besides simply monitoring food intake.

"My way of eating never stays the same. My main foods include, but are not limited to, chicken, rice, salads, turkey, eggs, green beans, lots of fruits, etc. In the winter, my diet will change a little just because of the holidays and travel. But if there is a day I eat a lot of junk food, I'll go into the gym that night and work out so that I can use that extra energy," Duff said.

Staying fit and eating healthy is important to a lot of people, but keeping a strong, supportive community is key to doing so for many.

"Keeping a consistent healthy diet in the winter helps me stay on track. My family is very supportive of my choices and always makes sure that there are healthy alternatives in my house when I go home," Duff said.

## The Daily Crossword Fix



### ACROSS

- 1 Fabric mimicked by jeggings
- 6 Dallas NBA team
- 10 Indian mausoleum city
- 14 In the company of
- 15 \_\_ bargain
- 16 Fountain contribution
- 17 Midler's "Divine" nickname
- 18 Burn unit procedure
- 20 Allow to enter
- 22 Big name in auto racing
- 23 Kerfuffles
- 25 Advanced degs.
- 26 "Rogue Lawyer" novelist
- 31 Whiskas eater
- 34 Pulitzer winner Walker
- 35 Actor McGregor
- 36 Dance in a pit
- 37 Hull fastener
- 38 Group
- 39 Mazda MX-5, familiarly
- 40 Big nights
- 41 How-to component
- 42 Follow, as a hunch

- 1 Reservoir creator
- 2 German actor Jannings
- 3 Sommelier's asset
- 4 Examples
- 5 Classic British two-seater
- 6 Base cops, briefly
- 7 \_\_-Seltzer
- 8 Corpuscle conduit
- 9 Dreamy guy?
- 10 Lots of plots
- 11 Butter in a farmyard?
- 12 Africa's Great \_\_ Valley
- 13 Naysayer
- 19 Light weight
- 21 Hide-hair link
- 24 Afternoon break
- 26 Actor/singer Leto
- 27 Green hue
- 28 Homes with buzzers
- 29 "Ni-i-ice!"
- 30 Quaint headpiece accessory
- 31 Raccoon kin
- 32 \_\_ Martin: 007's car
- 33 Acknowledge in an Oscar speech, say
- 36 Barely-there dress
- 39 Powerful people
- 41 Rock band Lynyrd \_\_
- 44 Legato's opp., in music
- 45 San Francisco's \_\_ Hill
- 46 "Like a Rock" rocker
- 48 Chicago paper, for short
- 49 \_\_-de-camp
- 50 Bermuda shorts endpoint
- 51 One with an untouchable service
- 52 Word with fair or foul
- 54 Unadorned
- 55 Fairway choice
- 57 PGA star from South Africa
- 59 Santa \_\_ Mountains

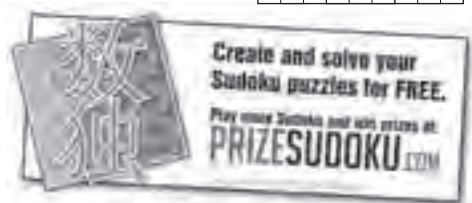
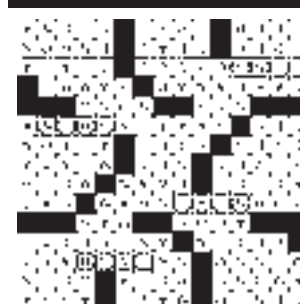
DOWN

### SUDOKU

To play: Complete the grid so that every row, column and every 3 x 3 box contains the digits 1 to 9. There is no guessing or math involved. Just use logic to solve

9	5	7	4	6	2	8	1	3
2	8	6	5	1	9	7	3	4
4	6	2	7	8	1	5	9	3
1	9	5	8	4	6	3	2	7
8	7	3	2	5	9	6	4	1
7	5	9	1	3	2	4	8	6
3	2	1	6	7	8	4	5	9
6	4	8	1	9	5	7	3	2

### ANSWERS



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